

# Daily Schedule (grid-render-v1)

Date	Task	Duration	Time
Today	Wake up, get ready	30m	07:00
Today	Classes	5h30m	08:30
Today	Lunch Break	30m	14:00
Today	Travel to Football Training	30m	14:30
Today	Football Training: Strength & Conditioning	1h	15:00
Today	Football Training: Drills & Skill Practice	1h30m	16:00
Today	Football Training: Match Play/Scrimmage	1h	17:30
Today	Travel home, cool-down	30m	18:30
Today	Dinner	30m	19:00
Today	Homework/Study	1h30m	19:30
Today	Relax/Free time	1h	21:00
Today	Sleep	8h	22:00